

## **Squash and Meat Casserole**

Squash and meat casserole is a mostly fresh from the garden meal in a pan. Use either yellow squash or zucchini. Multiple meats can be used, such as bacon bits, chopped pork, diced ham, scrambled beef, or diced chicken. This recipe will use diced ham, as it adds a specific flavor and texture to the dish. As in the squash and bean casserole, knowing the time it takes to pick, wash, slice, and prepare the food for baking is essential. The fresher the vegetables, the better. Sometimes, especially with ham or bacon, this dish tastes even better the day after.

### **Precook Preparation:**

- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

- Bacon bits
- Butter (lactose)
- Ham
- Mushrooms
- Mushroom soup (gluten)
- Pepper
- Squash
- Spices

#### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Ham
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

**Ingredients:****Meat:**

1 cup of diced ham

**Optional:**

1/2 cup of bacon bits

**Vegetables:**

15 ounces of diced green beans

4 ounces of mushrooms

1 sliced yellow squash

1 sliced zucchini

**Other ingredients:**

1 tablespoon of butter

Mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:****1. Wash and slice:**

15 ounces of diced green beans

4 ounces of mushrooms

1 sliced yellow squash

1 sliced zucchini

**2. Dice:**

1 cup of ham

**Optional:**

1/2 cup of bacon bits.

**3. Add to 2.5 quart oven safe pan:**

1 tablespoon of butter

15 ounces of diced green beans

1 cup of diced ham

4 ounces of mushrooms

Mushroom soup (gluten free)

Dash of salt

Spices, such as pepper, to taste

1 sliced yellow squash

1 sliced zucchini

**Optional:**

1/2 cup of bacon bits

**4. Mix well.****5. Cover and place in oven.**

**Cook Temperature: 350 degrees**

**Cook Time: 1 hour**

**Servings: 4 to 6**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

**Add your microwave time here: \_\_\_\_\_.**

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

**Add your stove time here: \_\_\_\_\_.**

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

**Add your oven time here: \_\_\_\_\_.**